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WEDDING BELLS RING

Models Natalie Tait and Bret Dodson chat in their Rockabilly-themed wedding display at the Bespoke wedding event at the Halifax Club on Sunday. Story in [metroNEWS](#). JEFF HARPER/METRO

Taxing issue for small business

RESTRUCTURING

**'Broken' system
forcing smaller
players out of
core, critics say**



**Stephanie
Taylor**
Metro | Halifax

City staff are exploring alternatives to HRM's commercial tax structure in the hopes of lifting some of the financial burden off the shoulders of small-business owners.

During last week's regional council meeting, a motion was passed directing staff to write a report and recommend options for restructuring commercial taxes, mainly looking at other ways to tax small businesses besides property assessment.

Councillors Wayne Mason and

+ TIMELINE

The report is set to be tabled before council no later than October.

Tim Outhit tabled the motion, after what Outhit says were years of discussion with members of the business community burdened by soaring assessment values.

He says the crux of the problem is the system is entirely assessment-based — meaning a business is taxed on its building and land values, which rise when nearby development happens.

"People's assessments have as much as doubled, while their income remains stagnant," Outhit said, adding businesses located along what he calls main "arteries" of the city are being forced out of central districts to more suburban areas because of dra-

matically rising assessments, which have no cap.

Nick Langley, director of provincial affairs with the Canadian Federation of Independent Business, says the sight of cranes in the sky and new housing developments are warning signs that urgent change is needed if the city wants to be an affordable place to start small businesses.

"We want to see a vibrant, thriving downtown, and what this assessment does is basically penalizes business for operating down there," he said.

Although he applauded HRM's slight reduction of the commercial tax rate in the new budget, he said independent businesses will be unable to flourish unless the "broken assessment system" is fixed.

Alternative options staff have been directed to explore in the new report include taxing only the building value, as opposed to the building and land value.



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Hundreds turn out for annual Alzheimer's walk

HEALTH

Thousands raised for support and research



Haley Ryan
Metro | Halifax

Gavin Uhma joined hundreds of people along the Halifax waterfront as a warm sun shone down on those walking in support

and memory of those with Alzheimer's disease.

The Halifax man and his team of family and friends from Cape Breton participated in the annual Walk for Alzheimer's on Sunday afternoon in honour of his mother, Moira, as more than 500 people gathered at the Cunard Centre before taking a five kilometre walk along the boardwalk and back.

"Obviously it was really hard on the family and so this is the first time we all came together," Uhma said, bearing a T-shirt with sheep to represent his Scottish mother's love of the animal.



Everybody comes together, it's just such a nice thing.

Gavin Uhma

Moira died of early-onset Alzheimer's a year and a half ago in Cape Breton before the age of 60, Uhma said, and he gathered 'Moira's Mob' together to raise more than \$13,000 — the highest team this year.

Sunday's walk for the Alzheimer Society of Nova Scotia not only provides important funds for research and to hopefully find a cure, Uhma said, but

also spreads awareness of a truly horrible disease many will have to deal with one day.

He said even as the disease set in and Moira could no longer walk or converse, her personable nature shone through as she was so friendly with people in her care home, and could often imagine she knew someone well that she had just met.

"She still had that glowing

smile," Uhma said. "I'll never forget that."

Lloyd Brown, Alzheimer Society of Nova Scotia executive director, said the walk brings in about 10 per cent of their annual budget and expected around \$160,000 to be raised Sunday which goes towards research and support program for those with dementia as well as their families.

"The reality is that more and more people have dementia and as a result we've got to increase our contribution to research, looking for cause and cure," Brown said.

COLLISION

Head-on crash kills 2

Two people are dead after a head-on crash on Highway 103 on Sunday afternoon.

Shelburne County RCMP, paramedics and the Shelburne Fire Department responded to the fatal collision between two cars around 3:30 p.m.

The crash closed Highway 103 between the exits to Birchtown and Clyde River for more than five hours.

According to a RCMP release, the preliminary investigation determined the crash happened when a car travelling west hit one travelling east.

The lone occupants of both cars were pronounced dead at the scene, RCMP say in a release.

No information on the two drivers' age, gender or identity has been released.

Highway 103 was expected to be closed in both directions between the two exits until at least 9 p.m.

Sunday as the investigation continued.

DIGBY COURIER



The RCMP logo. CONTRIBUTED

CEREMONY REMEMBERING THE BATTLE OF THE ATLANTIC

A sentry and honour guard hold their positions as HMCS Halifax watches from offshore during a ceremony to commemorate the Battle of the Atlantic in Halifax on Sunday. The Battle of the Atlantic was one of the longest battles of the Second World War, and most important for Canada when the navy escorted many Allied trade ships across the ocean.

DARREN PITTMAN/THE CANADIAN PRESS



IN BRIEF

Halifax will host Chan and Co., in Canadian figure skating championships

Halifax has been chosen host of the 2016 Canadian figure skating championships.

Three-time world champion Patrick Chan will headline the Jan. 18-24 event at the Scotiabank Centre, marking the fourth time the east coast city has hosted the championships.

The 1983, 1997 and 2004 championships were held in Halifax.

Chan is returning to competition after taking a season off. THE CANADIAN PRESS

Interviews for June 2015 workshop start in May



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Team plays defence as players, coach address Game 7 forfeit

RAINMEN

Ballers say they were booted from dwellings without notice



Kristen Lipscombe
Metro | Halifax

Less than 24 hours after the Halifax Rainmen forfeited the National Basketball League of Canada (NBL) championship citing safety concerns, point guard Forrest Fisher said he found out he no longer had a place to live in the city he represented on the court.

Rainmen head coach Josep (Pep) Claros and several of his players, who claim they were directed by team management to get out of town fast following the Game 7 fiasco, held an informal news conference Saturday morning at Scotia Square to explain why they never showed up for their final tip-off against defending champions the Windsor Express.

"We were in Toronto (on) Friday morning, and I get a message from the landlord at the apartment I stay at, telling me that my bags have been packed and all of my stuff has been moved to storage," Fisher said. "Without warning."

Team management makes living arrangements, Fisher explained, so players have gotten the boot "to brush this under the rug because they're trying to save their own butt."

The professional ballers also haven't been paid, with their cheques apparently going toward the \$90,000 in fines slapped on the franchise by



From left: Halifax Rainmen players Forrest Fisher, Kevin Young and Cliff Clinkscales, along with head coach Josep (Pep) Claros, address media and fans Saturday morning at Scotia Square in downtown Halifax. KRISTEN LIPSCOMBE/METRO

NBL Canada for "conduct detrimental to the league," resulting from a physical altercation between the Express and Rainmen during the morning shoot-around and the subsequent decision not to play the seventh and final game of the series.

The matchup was supposed to happen at 8 p.m. ADT last Thursday on Express home court, the WFCU Centre in

Windsor, but the Rainmen were already heading for the Toronto airport while fans waited patiently inside the venue for the game to get underway. Claros and his players em-

phasized Saturday it just "wasn't safe" on the court following that fight, which featured thrown chairs and punches, in addition to the overly aggressive nature of

the series.

"Everybody was very nervous because there were some threats," said Claros, who along with assistant coach Pedro Monteiro, has received a lifetime ban from coaching in the league as part of sanctions handed out Friday. "Not game threats; real threats."

"We're players and we want to go out there and do our job,"



Our main focus was to get home to a safe place and rethink what we need to do.

Halifax Rainmen point guard Forrest Fisher

+ CONFERENCE

Halifax Rainmen owner and team president Andre Levingston is holding a news conference on Monday at 1 p.m. at the Nova Scotia Sport Hall of Fame to talk about the Game 7 forfeiture as well as the future of the National Basketball League of Canada franchise.

star forward Kevin Young added. "If we don't feel safe to do our job, then we can't go out there."

Rainmen players were under the impression the final game would be postponed, not completely cancelled, thinking they could potentially take on Windsor for NBL Canada bragging rights at a later date.

But the Windsor Express were declared winners of Thursday's game, giving them the 4-3 series victory and the 2015 NBL Canada championship title, while the Rainmen face a laundry list of sanctions, including a \$20,000 fine for the franchise itself.

Claros is supposed to pay \$10,000, while Monteiro and 11 of 12 players on the roster have been dealt \$5,000 fines, along with "indefinite suspension from the NBLC pending full investigation," a league news release said.

The league's board is continuing "a full and thorough investigation of the incidents that occurred at the shoot-around, including physical altercations and any verbal threats," which could result in further disciplinary actions for both teams.



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Vendors tap into fresh-food niche

AGRICULTURE

Farmers' market a hit at new home in Halifax Forum

Lucie Edwardson
For Metro | Halifax

The smells of fresh bread, wood and baked goods wafted through the Halifax Forum's bingo hall Saturday as the farmers' market opened for its inaugural event.

John Sipos, who spent months organizing the new market, was pleased with the day's turnout.

"We have a full room of vendors, everyone seems pretty pleased and the locals keep coming in," he said.

The new market allows local farmers and vendors to expand and reach a new community, Sipos said.

"This is a venue in a different part of the city and with a different community that is kind of untapped," he said. "I get the impression that they wanted a farmers' market, so this is good for everyone."

Rodney Spencer, owner of Free Spirits Farms, said that he and his wife saw the new



The bingo hall in the Halifax Forum was bustling Saturday, the opening day of the new farmers' market.

LUCIE EDWARDSON/FOR METRO

market as a great opportunity for their business.

"I am very impressed with the turnout and I think it will just continue to grow," said Spencer.

Jolene Saulnier, a customer who was exploring the Forum, explained that she heard about the new market after spending the beginning of her morning at the Seaport Market.

"I'm huge on supporting local farms and local businesses, so

that is why I go to each market," she said. "Now that this one is open, I will definitely be coming back."

One customer said the new market expands the opportunities for people to support local farmers.

"As far as I am concerned, the more local markets, the better — because then we are supporting everybody and giving people more opportunity."

“We are in it for the long term and see it as a viable option for our business.”

Rodney Spencer, owner of Free Spirits Farms

CRIME

Suspect charged in weekend stabbing

Police in Nova Scotia have laid charges in a weekend stabbing.

The RCMP says that at 3:50 a.m. Saturday, they responded to a call at a residence

on Highway 4 in Afton after a 29-year-old man from the community had been stabbed in the face by another man.

The victim was transported to St. Martha's Hospital by EHS with non-life-threatening injuries.

An RCMP police dog was called to the scene, but no suspect was apprehended. Police said the incident wasn't random.

On Saturday evening, police announced that a 47-year-old man from Heatheron had been arrested at a home in Tracadie in relation to the stabbing.

+ COURT DATE

Hearing set for Monday

The suspect, who hasn't been named by police, is due in court on Monday and faces charges of aggravated assault and breach of conditions.

IN BRIEF

Prison fire confirmed by justice department

The Nova Scotia Department of Justice has confirmed reports that a fire broke out inside one of the cells at the Central Nova Scotia Correctional Facility in Burnside.

In an email sent on Friday, spokesman Andrew Preeper said an offender lit a fire in his cell at 2:40 a.m.

He said the fire was contained within the cell and was put out with an extinguisher by staff.

Although the fire department was contacted, their services were ultimately not required. METRO

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Photo by Timothy Richard



Wedding models Sindura Dar, left, and Chris MacFarlane sit near a carpet of flowers in an Indian-themed wedding display at the Bespoke Wedding Event on Sunday at the Halifax Club.

JEFF HARPER/METRO

A wedding affair that's truly stylin'

THE HALIFAX CLUB

Bespoke event featured theme rooms, designs

Julia Manoukian
For Metro | Halifax

Claudia Habib has been planning weddings for 12 years.

Six months ago, she had a crazy idea — to bring together everyone she knew in the business for one extravaganza.

The wedding event, called Bespoke, attracted about 100 people Sunday afternoon at The Halifax Club, showcasing six different themes each curated by a local designer.

It wasn't only the first event of its kind in Halifax, but across wedding culture, said Habib.

"You see a lot of styled photo shoots all over the internet. Everybody and their dog is doing a styled photo shoot."

Fashioning the idea from home designer showcases back in the late '90s, Habib wanted to combine her expertise in event planning with the theatrics of a photo shoot.

"It would be cool if I could do a different styled wedding in every different room," she said. "And (The Halifax Club) was the only venue that had rooms small enough to work with ... a big ballroom space, it's not the same feel."

"And I've always loved this building," she admitted.

Guests drifted through various dioramas: the rock wedding, the Irish pub wedding, the regal red and gold wed-



Patrons check out an Indian-themed wedding. JEFF HARPER/METRO

“It's not a trade show. It's not a wedding show ... It's just people doing what they do best.”

Claudia Habib

ding, the winter wedding, the Indian wedding, and the Parisian wedding.

"I said (to the designers), 'Do whatever you want in these rooms, they do not have to remain Halifax Club rooms' ... we wanted to show people what you can do."

Each space was curated to have a photographer, designer, florist, linen rental, cake, flavourist, stationery, musician,

bride and groom models, gown and tux, hair stylist, make-up and accessories — most of which were local. Sailor Bup's Barbershop styled all the groom's hair, for example.

Bride-to-be Julia Fauteux said she enjoyed how designers were stationed in the rooms they curated.

"And they're there to talk, too," she said. "It's neat to see different ideas come to fruition."

Habib said the event amassed many volunteers — some she had been working with for years, others she had "just met yesterday."

Halifax is incredibly popular for weddings, she said, especially in the summer. Popular spots include Oceanstone Seaside Resort, St. Mary's Boat Club and the Prince George Hotel.

Spring into summer

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IN BRIEF

Police officer arrested for domestic assault

Nova Scotia's police watchdog has charged a Halifax Regional Police officer with domestic assault after two alleged incidents.

The province's Serious Incident Response Team (SIRT) began investigating the matter on April 8 after receiving information suggesting an officer may have assaulted a woman.

As a result, SIRT laid two charges against Const. Jason Richard Murray, 43, one relating to an incident alleged to have occurred in 2013 and another between April and July of 2014.

In both cases, the complainant was a 44-year-old woman.

According to a SIRT release issued Friday, investigators met with Murray on Thursday, where he was formally arrested. METRO

Man killed in crash on Highway 102

RCMP in Nova Scotia are investigating a fatal crash that claimed the life of a man on Highway 102.

Officers and paramedics responded to the report of a tractor trailer that veered off the road near Alton on Friday around 3 a.m. Police say a preliminary investigation determined the driver, Garry Douglas Morrell, 60, of Brookfield, was travelling southbound along the highway before his vehicle went off the road.

It is believed that his truck, which was carrying a load of wood, landed upright in the right-hand ditch. METRO

It's grow time for Hope Blooms

COMMUNITY

Group thrilled about getting to work with new greenhouse

Lucie Edwardson
For Metro | Halifax

To the sound of kids playing and the singing of songs, Hope Blooms officially opened its new greenhouse on Friday afternoon.

"It is up to us to decide what we want to do in this world," said founder Jessie Jollymore to a cheering crowd. "For us, that means we want to do good. Like a tree that has many branches, we are all connected at the roots."

The eco-friendly greenhouse was donated by Build Right Nova Scotia after Hope Blooms gained local fame in the fall of 2013 with its appearance on CBC's Dragons' Den, where they walked away with a \$40,000 investment.

Build Right Nova Scotia's contribution allows Hope Blooms to put the money from the Dragons toward the Hope Blooms scholarship.

Coun. Jennifer Watts spoke to the crowd of more than 100 about the importance of community collaboration and part-



Jessie Jollymore, inset, founder of Hope Blooms, celebrates the opening of their new greenhouse, above, on Friday afternoon. JEFF HARPER/METRO; INSET: LUCIE EDWARDSON/FOR METRO

nership.

"There will certainly be food grown here, but there will also be continuing relationships, and that is so pivotally important to us as we move forward as a community," she said.

Watts emphasized the impact Hope Blooms has had on uniting the community in north-end Halifax.

"It is not often that you go

to an event like this, that the message that is clear is that we love you," said Watts.

"You have had such an incredible presence in our community, you have shown us who we can be, you have led us towards the future in terms of integration of community," she said. "This is about relationships and this is about building community."

Rose Hubley, whose daughter has been involved with Hope Blooms since the beginning, said she is eager to learn how to use the greenhouse and couldn't be more proud of what they have accomplished.

"Some words that come to mind are: happy, elated, amazed, awed, grateful, humbled and especially blessed," she said.

MILITARY

Navy retires HMCS Iroquois

After more than four decades of service, the HMCS Iroquois was officially de-commissioned Friday during a ceremony at the Halifax dockyard.

Retired crew members and military officials gathered with the current crew to pay homage to the guided-missile destroyer and all who served aboard it.

Bud Sullivan, a retired naval officer of 27 years, served aboard the Iroquois from 2002 to 2005. He said he was sad to see it retire but was proud to be present at the ceremony bidding it farewell.

"It is great to see so many people here," he said. "It brings back a lot of good memories — going to the Persian Gulf and just the friendships we made and the camaraderie we had on-ship — they will last a lifetime."

Crew members from the last four decades stood side by side in naval tradition as they ended the ceremony by passing along the Iroquois' 380-foot de-commissioning pennant.

If calculated traditionally, the pennant would be as long as the ship's length, plus an additional foot for every extra month it remained in commission, making it almost 940 feet long.

The Commander of the Royal Canadian Navy, Vice-Admiral Mark Norman said that although it is sad to see the ship go, the stories and memories made aboard will live forever.

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COURTS

Sailors in sex-assault case transferred to Alberta

Four British sailors charged with sexual assault causing bodily harm were granted a change in bail conditions on Friday that allowed them to move from a Halifax military base to a military training area in Alberta.

Simon Radford, Joshua Finbow, Craig Stoner and Darren Smalley were released from custody on April 20 on condition that they reside at Canadian Forces Base Stadacona, pay a \$3,000 cash surety, not have any contact with the alleged victim and return to court on May 27.

But the provincial court granted a change in their bail conditions on Friday,

allowing them to be transferred to CFB Suffield, where there is a British army training unit.

The lawyers for the four accused declined to comment on the change.

Rear Admiral John Newton, the commander of Maritime Forces Atlantic, asked the men to leave CFB Stadacona by 6 p.m., Crown attorney Scott Morrison said outside court.

"They have deposited their passports and they are still as far as I understand employed by the British military," Morrison said. "So based on the plan we have in place, we're still confident that they will

+ DETAILS

The Crown alleges the four men participated in a "group sexual assault" on April 10 in a barracks at CFB Shearwater, another military base located in Halifax.

not be a flight risk."

Morrison deferred questions about why the men were no longer welcome at CFB Stadacona to the Canadian Forces.

The Forces could not be reached for comment.

THE CANADIAN PRESS

ALBERTA

Feds to seek stay of bail for Omar Khadr

The federal government is planning to seek an emergency stay of an Alberta judge's decision to grant former Guantanamo Bay prisoner Omar Khadr bail, The Canadian Press has learned.

The application, expected to be heard Tuesday before the province's Court of Appeal, would come just hours before another court hearing scheduled to decide on his release conditions.

"The Harper government is not interested in the rule of law," Dennis Edney, one of Khadr's lawyers, said in response.

"It refuses to listen to what the courts have said about Omar Khadr's rights. It continues to spend millions of taxpayers' dollars only to lose time and time again."

The government did not

**“
The Harper
government
is not interested
in the rule of law.”**

Dennis Edney, lawyer
for Omar Khadr

respond to requests for comment.

On April 24, Court of Queen's Bench Justice June Ross decided that Khadr, 28, should be released while he appeals his conviction for war crimes in the United States.

Ross made it clear — and government lawyers didn't object — that the Toronto-born Khadr has been a model prisoner who poses little risk to the public and should be allowed out. THE CANADIAN PRESS

OCT. 19

Byelections set for unusual day

Elections Canada has announced three federal byelections to fill vacant seats in the House of Commons — but the date set is the same for the next expected general federal election.

A statement by Elections Canada on Sunday afternoon said it issued three writs for a trio of Oct. 19 byelections to be held in the ridings of Ottawa West-Nepean, Peterborough and Sudbury.

Former foreign-affairs minister John Baird left Ottawa West-Nepean vacant with his resignation from Parliament in March.

Peterborough is vacant because former Conservative MP Dean Del Mastro was found guilty last fall of violating the

Canada Elections Act.

Former New Democrat MP Glenn Thibeault resigned his Sudbury seat in January to join the Ontario Liberals.

Under electoral law, a byelection must be called within 180 days of the Chief Electoral Officer receiving notice of a vacant seat in the Commons.

In the case of Del Mastro's riding, that 180-day deadline was coming up on Wednesday. Del Mastro's seat was formally vacated on Nov. 7. The deadlines for byelection calls in Baird's and Thibeault's ridings are in September and July respectively.

A spokesperson for Elections Canada was not available Sunday. THE CANADIAN PRESS

IN BRIEF

Mounties express concern over poppy research in Alta.

The RCMP has voiced concerns to Health Canada about an Alberta company's plans to cultivate opium poppies over fears the medicinal project could attract drug-peddling criminals.

API Labs Inc., based in Lethbridge, Alta., says it understands the concerns but insists the risk of criminal involvement can be managed. The Mounties expressed reservations during a conference call with other federal agencies in April 2014, an RCMP briefing note reveals. THE CANADIAN PRESS

John McCrae honoured with monument in Ottawa

War poet John McCrae, who helped make the poppy an enduring symbol of the sacrifices of the First World War, has received his own enduring monument.

A bronze statue of Lt.-Col. McCrae was unveiled next to the National Artillery Memorial in Ottawa, a 15-minute walk east of Parliament Hill. The site is appropriate: before he was a physician, McCrae was an artillery officer and his heart remained with the gunners, even as he tended to the wounded. THE CANADIAN PRESS



Prime Minister Stephen Harper addresses the troops at Camp Patrice Vincent in Kuwait on Sunday. Chief of defence staff Gen. Tom Lawson said the death of a Canadian soldier in Iraq may have been due to fatigue of peshmerga fighters. THE CANADIAN PRESS

Fatigue likely factor in friendly fire: Lawson

MILITARY

Canadian soldier killed by Kurdish fighters in Iraq

Canadian special-forces trainers will likely be advised to stay away from the front in northern Iraq after major Kurdish operations, as it appears battle fatigue among peshmerga fighters was the likely cause of last month's friendly fire incident, the country's top military commander said Sunday.

Gen. Tom Lawson, the chief of defence staff, made the remarks following a speech by Prime Minister Stephen Harper at the fighter base in Kuwait,

which launches many of the U.S.-led coalition's attacks on the Islamic State of Iraq and the Levant (ISIL).

Sgt. Andrew Doiron was gunned down accidentally on March 6, at night, near an observation post along the front lines west of Erbil, in northern Iraq. The Harper government hasn't been briefed on the contents of three separate investigations into the tragedy, but that will happen soon, possibly within a month, Lawson said.

Recommendations will also be made to prevent a repeat of the shooting, which has been described as a case of mistaken identity when the elite Canadian trainers stopped to check on an isolated Kurdish unit.

"What we have to mitigate is

+ TOUR ENDS

Harper left the Middle East Sunday for the 70th anniversary celebration of the end of the Second World War in the Netherlands. He faced persistent questions about Sgt. Doiron's death — something the prime minister said he hoped wouldn't detract from the peshmerga's reputation for halting ISIL in its tracks.

things like fatigue," Lawson said, suggesting that special forces would avoid areas where there had been recent battles.

When asked if the weariness among the under-trained fighters was a factor, the defence chief

said: "I think we'll see the fatigue of the soldiers who were at the front, the peshmerga at the front, would have played a part."

The Kurdish forces had fought a series of pitched battles with extremists in the days leading up to the tragedy.

Canadian military officials, who were not authorized to speak publicly, suggested that visits to the front by trainers have ceased since the accident, which Lawson would not confirm.

Whether any peshmerga fighters face punishment is an open question. And in a sign of how far the force is willing to go to appease its new mentors, Lawson says local commanders have said that the Kurds' investigation will be based on the Canadian investigation. THE CANADIAN PRESS

TOP
SIX@6
Weeknights at 6 Hannah counts down the HOTTEST songs of the day

- 6 Ellie Goulding Love Me Like You Do
- 5 Rihanna Better Have My Money
- 4 AronChupa I'm An Albatroz
- 3 OMI Cheerleader
- 2 Wiz Khalifa ft Charlie Puth See You Again
- 1 Maroon 5 Sugar

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Boko Haram stones girls ahead of rescue

NIGERIA

Military says it freed 700 captives in the past week

Boko Haram fighters stoned some of their captives to death as Nigeria's military approached to rescue the women, survivors told The Associated Press on Sunday.

Several women died when they were crushed mistakenly by a Nigerian military armoured car, and three were blown up by a land mine as they were walking to freedom.

These tragic stories come from girls and women brought to a refugee camp here, still finding it hard to believe they are safe, some after more than a year in the hands of Nigeria's homegrown Islamic extremists.

Lami Musa, 27, and her five-



A doctor examines a child rescued by Nigerian soldiers from Boko Haram extremists at a refugee camp in Yola, Nigeria, Sunday. THE ASSOCIATED PRESS

day-old baby girl, are among 275 children, girls and women who were getting medical

care and being registered Sunday on their first day out of out of Nigeria's war zone.

Musa was in the first group to be transported by road over three days to the safety of Malkohi refugee camp, a dust-blown deserted school set among baobab trees on the outskirts of Yola, the capital of northeastern Adamawa state.

Musa had just given birth to her yet-to-be-named babe last week when the crackle of gunfire hinted rescuers might be nearby.

"Boko Haram came and told us they were moving out and said that we should run away with them. But we said no," she explained from a bed in the camp clinic.

"Then they started stoning us. I held my baby to my stomach and doubled over to protect her."

She and another survivor of the stoning, Salamatu Bulama, said several girls and women were killed, but they do not know exactly how many. THE ASSOCIATED PRESS

EARTHQUAKE

Nepalese authorities close main airport

Runway damage forced Nepalese authorities to close the main airport Sunday to large aircraft delivering aid to millions of people following the massive earthquake, but UN officials said the overall logistics situation was improving.

The death toll climbed to 7,250, including six foreigners and 45 Nepalese found over the weekend on a popular trekking route, said government admin-

istrator Gautam Rimal. Nepal's Tourist Police reported that a total of 57 foreigners have been killed in the April 25 quake, and 109 are still missing, including 12 Russians and nine Americans.

The main runway was temporarily closed to big planes because of damage. It was built to handle only medium-size jetliners, but not the large military and cargo planes that have been flying in aid supplies. THE ASSOCIATED PRESS



IN BRIEF

Coast guard rescues hundreds of migrants

Italy's Coast Guard and Navy as well as tugs and other commercial vessels together rescued migrants in at least 16 boats Sunday, saving hundreds and recovering 10 bodies off Libya's coast, as smugglers took advantage of calm seas to send packed vessels across the Mediterranean. The coast guard said bodies were found in three separate rescue operations off Libya's coast.

THE ASSOCIATED PRESS

Baltimore mayor lifts city-wide curfew

Six days after the death of Freddie Gray sparked riots in Baltimore, the city's mayor lifted a city-wide curfew on Sunday morning, signalling an end to the extraordinary measures taken to ensure public safety amid an outcry over police practices. Protests since Monday's riots have been peaceful, and Friday's announcement of charges against six officers involved in Gray's arrest eased tensions. THE ASSOCIATED PRESS

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Insurers warn of Airbnb risks

INSURANCE

Many policies do not cover homes rented to strangers

Airbnb may seem like a fast route to a quick buck for Canadians who own properties in popular travel destinations, but renting out a home to strangers can be perilous.

A Calgary family learned that lesson the hard way last weekend, when their home was trashed amid a “drug-induced orgy” by hard-partying renters and deemed unlikely to be habitable for months due to biohazard concerns. Property damage was assessed at around \$75,000.

While the U.S.-based company is covering the costs, insurance companies are urging those pondering the Airbnb route for this summer, especially in cities like Toronto where an influx of visitors is expected for the Pan Am Games, to slow down and get informed.

A reality check is particularly important because the vast majority of property insurance policies don’t bank on people handing over the keys to their homes to complete strangers, Steve Kee of the Insurance Bureau of Canada said in a telephone interview.

“You really need to check with your insurance representative to find out what you’re covered for and what some of the risks may be,” he said. “Each company may



Insurance companies are warning homeowners looking at making a quick buck by renting out their premises through Airbnb that regular home insurance policies may not provide coverage of their primary properties. GETTY IMAGES

have slightly different ways that they would apply this.”

The occupants of a home, Kee added, have to level with their insurance companies about their plans.

There are usually specific coverage options for properties that are known to be available for rent, he said.

The policies typically protecting a person’s primary residence, however, are based on a vastly different set of assumptions.

“If you have a home policy, you are covered for the fact that you are living there, and from time to time friends and family may come and stay with you,” Kee said, adding that coverage rules can cease to apply the moment the homeowner vacates the premises and leaves it in the hands of others.

Some industry watchers believe the time is right to start drafting guidelines for a business model that, despite the

odd bout of bad press, shows no signs of flagging.

Gabor Forgacs, associate professor with Ryerson University’s School of Hospitality and Tourism, said companies like Airbnb are founded on a universally appealing principle — the desire to either make or save money.

People renting their property stand to turn a tidy profit, while consumers taking advantage of their offers often wind up paying far less than

they would through a more traditional arrangement.

“I don’t expect any major changes in the business model,” Forgacs said. “As long as the economic reasons are there, these business models are sensible to a growing number of people.”

Airbnb itself said it welcomed a chance to put guidelines in place for renters and consumers alike.

“These rules should be straightforward and clear for

+ REGULATIONS

Quebec looking at taxes

At least one Canadian province has begun mulling the idea of regulating an industry that has up until now been something of a Wild West. The lack of regulations governing the evolving shared rental economy has landed on Quebec’s political radar.

Earlier this week, Tourism Minister Dominique Vien said the province wants to make people pay taxes if they rent out their homes or rooms for profit, and subject them to the same regulations as registered hoteliers.

regular people to follow, and recognize that the vast majority of Airbnb hosts only rent the homes they live in to visitors on an occasional basis,” the company said in a statement.

The insurance bureau, meantime, has not tracked the number of complaints filed as a result of arrangements made through Airbnb or similar services.

While Kee was unaware of any existing policies designed to cover such agreements, he added change may be in the offing given the growing popularity of Airbnb.

“The industry is looking at these things with great interest, and with a competitive marketplace, I guess anything’s possible in the future.”

THE CANADIAN PRESS

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MYMETRO

Neal Leithead, Winnipeg

Where are you going?

Heading to breakfast with friends.

What are you up to today?

It's my day off, so I'm probably going to go for a bike ride later and take a nap.

What is your commuting routine?

I mostly drive during the week, but when I take the bus I always grab a copy of Metro Winnipeg to pass the time.

What place should someone new to the city visit?

In the summer I spend a lot of time at Assiniboine Park.

Correction: In last week's #MyMetro, the age of Heather Gautreau of Halifax was incorrectly published. She is 33. We apologize for the error.

Follow us on Instagram @metronewsca and show us your #MyMetro pose with a copy of our newspaper. We'll re-post you and feature a reader pic from across Canada in this spot every Monday.



ROSEMARY WESTWOOD

metroview

Beyond 'boyfriend': Why it's so hard to label the one you love

I hate the word boyfriend.

It's juvenile. Flippant. It makes me feel 12 years old again. I wouldn't go back there if you offered me a first-class ticket. (And I've never even flown first class.)

For someone who's in love at (almost) 30, boyfriend is a throwback to the boy who gave me a plastic bracelet in Grade 5, the two-week beau in junior high and, later, a nine-year string of monogamous relationships.

Then, there were the six years of dating — hands-down the most linguistically rich of relationship years.

In our anxiety not to put the boyfriend/girlfriend label on every person we grab a drink or a romp in bed with, people in their 20s have devised a dizzying and enviable array of terms for what they're getting up to.

Slampiece. Fling. One and done. Bar hookup. Friends with benefits, f-k buddy, booty call, one-night stand.

Sex and relationship researcher Jocelyn Wentland has found 17 common terms like these. What sounds like cheap slang is actually a sophisticated code, she discovered. Her research shows most people agree on the nuances between friends with benefits, for example, and booty call.

The labels are important ways for people to understand the relationships they're in, she argues; an

elaborate language to reflect the messiness of dating life.

"People are out there fumbling around in the dark," she told me.

The linguistic fun stops when people get committed (bae — short for babe — holds zero creativity). That's despite the fact that the messiness doesn't go away, though it may become more of a private matter.

I've been through that dating quagmire. I've grown, and I've found what I want. De-pressingly, it comes with the same term it had when I was in training bras. And there are no good alternatives.

Hubby sounds like a stuffed toy. Partner is too vague, too politically correct, too businesslike. Significant other has far too many syllables. "My man" sounds like I'm a character in Show Boat (though in private, I'll admit, I say it to him).

The labels don't bother C., the man for whom I can't find the right words.

"You don't like the term, 'The human being I'm currently sharing my life with?'" he joked when I told him he's not my boyfriend. Finding the right label is only part of our "pitiful attempt to understand these deep things," he said. Even so, as we chatted, he came around to the right diction, despite himself.

"My love is the only word," he said. "Everything else is just dressing."

How the NDP can avoid a one-term wonder

HALIFAX MATTERS

Stephen Kimber



So here's the one-term wonder question: why did Darrell Dexter's New Democrats, who won so convincingly in Nova Scotia in 2009, lose even more convincingly in 2013?

For NDP partisans, that question is more than academic. As they gear up to choose a new leader next February, they must divine what went so right when we elected Nova Scotia's first-ever NDP government, but then so wrong when it became the province's first majority government in 141 years to go down to humiliating, even-the-leader-loses-his-seat defeat after just one term.

Enter, stage left, Howard Epstein, the former Halifax

Chebucto NDP MLA. In his new book, *Rise Again: Nova Scotia's NDP on the Rocks*, Epstein — the (not just) self-acknowledged smartest member of caucus never invited to Dexter's cabinet table — offers his own damning assessment.

Epstein dismisses the conventional leader-centric view that the NDP won in 2009 not only because Rodney MacDonald's tired, tattered Tory government defeated itself but also because Darrell Dexter presented a "moderate and therefore not threatening alternative" voters trusted.

Epstein — never one to doubt the wisdom of his own thinking — calls the latter proposition "profoundly mistaken."

Epstein says voters were looking for the NDP to be "profoundly different," by which he means much more progressive on economic and

social issues. When Dexter's government showed itself to be a pale imitation of the same-old same-old, voters turfed it for the real thing.

We could use a party more concerned with principle than electoral power.

Epstein believes Dexter and his acolytes created a false divide between what they considered incremental pragmatists — themselves — who understood how to win and exercise power, and traditional left-leaning party members, "who would rather be right than in power."

For his part, Epstein argues optimistically that the party can be both ideologically pure and electorally

successful.

I'm not so sure. But that doesn't mean I think the best option is incremental pragmatism in pursuit of power either.

Politically, the NDP has done its most important work — from promoting social welfare to standing for civil liberties — by speaking up for principle without attempting to engineer electoral advantage.

We could use a party more concerned with principle than power ... but one that doesn't delude itself into believing purity of principle will lead to electoral power. There lies disappointment.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Monday.

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GETTY IMAGES

After college, McHale is a standup kind of guy

COMEDY

Community star Joel McHale takes his snark for a solo spin



Jennifer Friesen
Metro | Calgary

Fresh out of the gate after filming the final season of *Community*, Joel McHale is making his way through the prairies for a solo standup comedy tour.

Despite being most well-known for his role as a college study group's devilishly suave ringleader in *Community*, McHale has been around the comedy scene for years.

He joined *The Soup* as host in 2004, doling out a pop-culture

recap for the week, but with a comic spin.

When asked about his first foray into standup nine years ago, McHale laughed and said he was "a terrible comic."

He started off hosting comedy shows, dropping a few jokes in between his friend's sets, but after about six months, he had enough for his own set and took up his first time slot in Santa Monica.

"Standup is a completely different beast," he said. "It's very fun and exhilarating, sometimes terrifying and demoralizing, and sometimes incredibly rewarding."

Ever since *Community* ended, McHale said he's been out every week flexing his standup muscles at different clubs.

Now, after two months of gearing up, he said he's ready to fly back into the game headfirst.

"It's like getting ready for a season of some sport, where you have to work at it and get



Standup is a completely different beast. It's very fun and exhilarating, sometimes terrifying and demoralizing, and sometimes incredibly rewarding. Joel McHale



EVER GREENDALE

Spirit of cult series lives on

As far as future plans go, McHale said there are no plans for Season 7 of *Community*, but the possibility of the show making a comeback and "talk of a movie," are still lingering.

"I know Yahoo wants to do it, and I would love to do it, so we'll see," he said.



The cast of *Community*.

into shape," he said.

But despite any lingering nerves, the comedian said after hosting the White House Correspondents' dinner last year, he doesn't know if he'll ever really be nervous again.

"I mean, after that, I feel like I could disarm a bomb," he laughed. "I don't know if I'd say I get nervous, I do get very excited."

McHale is known for his witty straight-faced snark while picking apart the latest endeavours in pop culture. He said parents told him he was always trying to get a laugh when he was young, but he said that the roots of his sense of humour come from a place of "fear and panic."

"I wanted to be an actor

very early on in my life," he said. "And I kept thinking 'I'm going to do this until I have to get a real job.' And I've had to get real jobs here and there when I was growing up, and when I was in my 20s, but I've been insanely blessed that I get to work in the field that I work in. I get to do what I love."

+ TOUR STOPS

Two Canadian shows

McHale will take the stage in Calgary on May 8 at the Southern Alberta Jubilee Auditorium before finishing up the trip in Winnipeg on May 9, performing at the Burton Cummings Theatre.

How to survive an open-concept office

COPING MECHANISMS

You needn't suffer if you have no walls

OFFICE RELATIONS

Eleni Deacon



Open-concept veterans know the pluses of the no-partition workplace: more collaboration with colleagues, a more

level playing field with your boss, more friendly vibes overall.

But there are pitfalls to an office with no walls.

With no way to isolate your desk from the rest, the non-stop hubbub can take a hefty chunk out of your productivity. Here's how to stay on task amid the day-to-day chaos.

Regardless of your field or employer, all open-plan workspaces share an unavoidable trait: They're noisy. Someone, without fail, will have a room-filling phone voice. Comput-

ers will ping and bleep. And the chatter — whether about work or what happened last weekend — will be more or less constant. You can't stop the noise, but you can stop yourself from losing focus.

Headphones are a must. Not \$7 earbuds — proper noise-cancellers that can muffle the surrounding clatter.

If music is too distracting, try white noise: There are plenty of apps that will help you get stuff done to the soothing sounds of TV static or pouring rain.

For projects that require silence and space, try a brief sneak-off to an unoccupied meeting room.

One of the main goals of open-plan spaces is increased communication, so don't hesitate to communicate your own needs.

If loud conversations are cramping your efficiency, politely ask your colleagues to keep it down. If your desk mate's space is a graveyard for takeout wrappers, it's not out of line to gently ask him to tidy his mess.

A key danger of open-concept offices is not necessarily the frustration that will inevitably percolate, but the passive aggression and resentment that can fester if it's not addressed.

Speak your mind before hating everyone for speaking too much.

And on that note, check your own conduct. It's one thing to be irked by your neighbours' excessive noise. It's another to be irked but still excessively noisy yourself.



Daniel Sturridge arrives for a soccer match wearing his headphones. Noise-cancelling headphones are the best way to block out distractions.

PAUL ELLIS/AFP/GETTY IMAGES



GETTY IMAGES

Beyoncé Elizabeth Alice Princess Kate Jr.
Olivia Alexandra Claire the Spare Daenerys George
Victoria Camilla Charlotte Diana #RoyalBaby

NEWBORN PRINCESS

What will the royal couple name their latest addition?

Princess Charlotte has a certain ring to it. Or how about Princess Alice?

Britain's newborn princess, the second child of Prince William and the Duchess of Cambridge, has spent her first night at home in London's Kensington Palace, but the guessing game continued Sunday over what her name will be.

When the baby's older brother, Prince George, was born in 2013, the royal couple took two days to reveal his name, waiting until after Queen Eliza-

beth II had met her new great-grandson.

Meanwhile, Britain's legal bookmakers have been busy taking in thousands of bets for the baby's name. For weeks, they have been saying that Alice is the clear favourite. But in recent days Charlotte, the feminine form of Charles, has become the frontrunner.

Other top possibilities included Olivia, Victoria, Elizabeth, Alexandra and Diana, the name of William's late mother.

The newborn may herald a new generation in the monarchy, but it is customary for royals to look to their past for name ideas. The repetition of names in each generation is at least partly an effort to preserve the continuity of one of the world's oldest institutions.

THE ASSOCIATED PRESS

GUESSING GAME



Ned Ehrbar
In Hollywood

Let's make up names!

We're living in that glorious heady and fleeting time the little princess could be called anything. And you know what that means: Time for some baseless speculation! Sure, the odds-makers over in Great Britain are heavily favouring either Charlotte or Alice, and a lot of sentimental folks are hoping for Diana, but we have some sugges-

tions of our own for Will and Kate to consider. We hereby theoretically dub the latest addition to the royal family Princess ...

1. Beyoncé
2. Daenerys
3. Kate Jr.
4. Claire the Spare
5. Camilla
6. George
7. Princess
8. No, really, Daenerys
9. #RoyalBaby
10. Ultron

OK, fine. What do you think the new princess should be named?
scene@metronews.ca

The downward spiral of debt

MONEY MATTERS

Gail Vaz-Oxlade
gailvazoxlade.com



Stop spending money you haven't earned yet.

When you charge something on your credit card and don't pay your balance off in full at the end of the month, you're spending money you haven't earned yet. And it's only a matter of time before all those minimum payments end up squeezing your cash flow.

You can't afford to pay cash for that couch or vacation now, but you'll be able to at some future date? Gosh, how can you be so sure your future will bring more money to let you cope with your bills and the spending you did in previous months or years?

Canadians are carrying record levels of debt on our lines of credit, our credit cards, and loans. Why? Simple: We've forgotten how to live within our means. We're ricocheting out of control, spending money we've yet to earn. We're buying stuff we think we need, when all we're doing, really, is scratching our consumer itch.

Know the red flags

The fact that we can't seem to get to the end of the month before we get to the end of the money should be our first clue.

Are the balances on your credit cards or lines of credit rising? Yes. Then you're living beyond your means. Paying only the minimum on your credit cards or lines of credit while you continue to increase the balance you owe is a sure sign you're on a downward spiral.

When, exactly, are you going to have the money to finally get rid of the debt? Is some magical wand-waving fairy godmother going to pop into your world and whoosh away your debt? Or do you figure that a windfall is in your

future? Hey, WAKE UP! If you have a \$5,000 credit card balance at 18.9 per cent and make a minimum payment of just 2.5 per cent per month, you'll end up forking over almost \$8,000 in interest over the 25 years it takes you to pay off the balance.

Are your cards maxed out leaving you worried that they're going to get declined? Then you're living beyond your means. You don't think being in debt is worse than the embarrassment you'll suffer? Good lord, wake up!

Are you constantly in overdraft? Yes. Then you're living beyond your means.

Overdraft protection is meant to provide you with a safety net in case something goes wrong. It's not meant as money you have to spend every month. If you dip into overdraft for more than two days a month, you're developing a bad, and very costly, habit.

Are you missing payments on bills? Then you're living beyond your means. This is a sure way to ruin



Overdraft protection is meant to provide you with a safety net in case something goes wrong. It's not meant as money you have to spend every month.

your credit rating and increase your interest costs. If you don't have a handle on what your monthly bills are, and what it'll take in income to keep current, then it's time to get with the program. Get out all the bills that have to be paid every month and make a list. Rank the bills in order of priority. You have to pay your electricity bill, but you don't have to have premium cable (or any cable for that matter.) Okay, now deduct your have-to-pay amounts from your monthly income in order of importance. When you run out of money, cancel everything else.

Are you borrowing money from family and friends? Then you're living beyond your means. Seriously, what makes you think you have the right to spend all of your money, and then start spending the money other people have worked hard to make? Grow up!

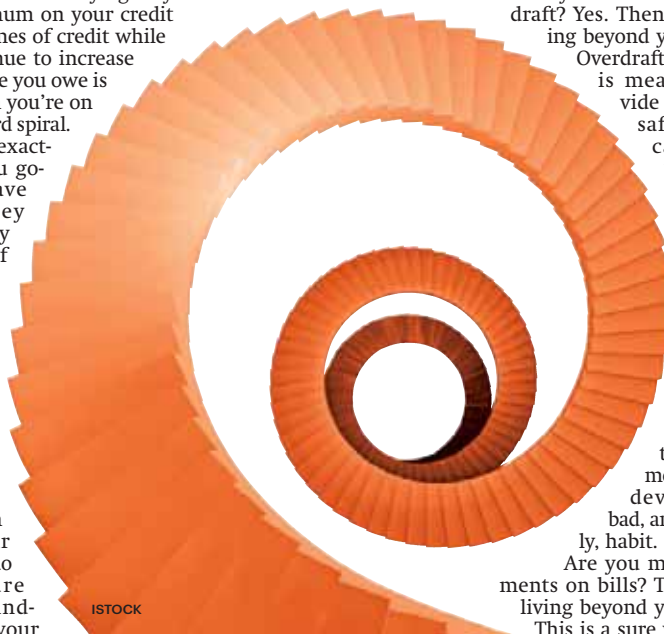
Are you taking cash advances on your credit cards or

using services like pay-advance stores? Yes. Then you're living beyond your means. Cash advances, applying for new cards so you can transfer balances and heading to a pay-advance store are all signs that you're in big trouble.

Change your mindset

I know you've found it easy to get credit. Lenders have been throwing credit at us for years and it's been so easy to say yes. I know it's nice to have what you want when you want it. I know everyone else is using credit like it's disposable income.

But just because all the people you know are walking along the edge of a precipice doesn't mean you should follow them. If you've been walking in lockstep with a bunch of fools who can't control their spending to the point that they put themselves and their families at risk, then it's time to change your pace, and maybe the company you keep.



ISTOCK

Mental health talk opening up



While the conversation is changing across the country, more needs to be done to remove the stigma regarding mental health. SHUTTERSTOCK

LET'S TALK

Change happening, but we still have a ways to go

JEN TRAPLIN
For Metro

After years of working to decrease stigma, it seems we may finally be making some headway when it comes to opening up the discussion on mental health.

"I think there's been something of a sea change in Canada and internationally over the last few years, in terms of the conversations that we have around mental health," said Dr. Erin Michalek, associate professor in the department of psychiatry at the University of British Columbia.

While some mental illnesses, like depression, seem to be very much on the public agenda, she feels other conditions, like bipolarity and schizophrenia, are still taboo, meaning many could

be suffering in silence.

"If we live in a society, work in a workplace or go to school where mental health conditions are highly stigmatized, people experiencing that are less likely to disclose a diagnosis and one of the consequences of that is they aren't able to get the support," Michalek said.

Dr. Simon Davidson, a child and youth psychiatrist and professor at the University of Ottawa, agrees with Michalek that Canadians are making good progress in destigmatizing mental illness, but that the fight is far from over.

"I do think youth in schools are more likely to feel comfortable talking about mental health," he said. "On the other hand, it just takes one bully and all kinds of re-stigmatization can happen so we still have a long way to go."

Perception is just part of the problem. Davidson said the country is drastically under-resourced when it comes to treating mental health, particularly with children and youth.

"When you compare Stats Canada data, a little more

than three times as many children and youth in the 15 to 24 age range die by suicide than all forms of cancer combined," he said. "If you look at how quickly newly diagnosed cases of cancer get treatment and you compare that to how long the access times are for treatment of mental illness, we can only hope that, in the future, our kids with mental illness get intervention and treatment as quickly as those kids diagnosed with cancer."

CHANGE PERCEPTION

Addressing mental health in Canada

In 2007, the federal government created the Mental Health Commission of Canada (MHCC), whose mandate is to change perceptions of mental illness. The MHCC employs a number of initiatives, including the country's first mental health strategy and working to reduce stigma. For more information on the MHCC, visit mentalhealthcommission.ca.

CMHA'S 64TH ANNUAL MENTAL HEALTH WEEK MAY 4-10, 2015

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fine or phine?

phine
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Social media driving the conversation

JEN TRAPLIN
For Metro

When it comes to breaking down the barriers of discussing mental health, few platforms have been as successful as social media — hashtags like #sicknotweak, #endthestigma and #defeatdepression help fuel the conversation.

One of the most successful online campaigns, though, is Bell Let's Talk Day, which raised more than \$6.1 million this past January.

For every tweet that included the hashtag #BellLetsTalk (as well as phone calls and text messages sent), the company donated five cents to Canadian mental health programs. More importantly, though, it engaged millions to publicly discuss mental illness.

"Social media allows unlimited reach and contact," said Michael Landsberg, host of TSN's Off The Record and spokesperson for Bell Let's Talk. "I have had interactions with strangers on the deepest level. I have given and taken. I believe social media has given me the chance to become a better person through hav-



Michael Landsberg. THE CANADIAN PRESS FILE PHOTO

ing access to those in need."

A few years ago, Landsberg started using the hashtag #sicknotweak in his posts on Twitter, a phrase he often includes in his public speaking engagements. Online, he openly discusses his own battle with depression while

encouraging others to reach out for help.

"I began to realize the enormous power that I have to change people's lives," he said. "But I am not unique — anyone with the desire to share can do what I do. Sharing saves lives, it's that simple."

CAMP GUIDE

Rewards of going to camp

Being a clinical psychologist at the IWK Health Centre doesn't make the decision to send her nine-year-old son to summer camp any easier for Christine Chambers.

"I've just decided to send my oldest to a sleep-away camp this summer so I've brushed up on the literature for my own purposes earlier this year to decide if he was ready," she says.

Chambers suggests parents should think about how the child handles sleepovers before signing up for an overnight camp. Plus, can the child shower themselves? Take care of their belongings?

"These are the things that are survival skills for being away from home, especially for sleep-away camp."

Parents should consider how open their child is to these kinds of experiences and take steps to make them feel as comfortable as possible with the idea.

There isn't a lot of research about day camps out there; most of it focuses on the benefits of overnight camps, Chambers says. The benefits are the opportunities for kids to learn independence and resiliency. Camps are set up to promote successes for kids and give them the chance to make more of their own decisions.

"Other benefits include the fact that the very nature of camps, and this includes day camps as well, are more physically active," Chambers says. "It gets them away from technology, away from the TV, and totally unplugged."



SHUTTERSTOCK

There is also social interaction, which is important, she says. Going to camp is like joining a club or becoming a close-knit community where everyone has to get along and work together. It's especially advantageous for mixing with kids from different areas and backgrounds, creating a learning opportunity, she says.

These benefits of camps — physical activity and social interaction — are nothing new but are growing in importance, Chambers says.

"The one area that's changed is where kids are becoming increasingly dependent on technology, so the opportunity to take a real

break from technology is more important, or a contrast to what it used to be."

Donna Varga, chair of the department of child and youth study at Mount Saint Vincent University, says besides independence, kids try new things and learn a different routine at camps.

Kids usually return from camp excited because they feel more grown up and feel more responsible for themselves, even though they were under supervision, she says.

"They're often more likely in those settings to engage willingly in those responsibilities because they're interested in

demonstrating to others they are competent and have skills."

The only drawback is sometimes there is a mismatch between the kid and the camp, Varga says.

"Parents have to think very carefully about what type of camp their child would be happy at. If their child is very shy, overnight camps are not going to fix it."

If children are nervous about camp and have a hard time making new friends, they should go with a friend.

"It's really important — you don't want a child friendless for a week." — Jennifer Taplin



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Meet new friends, try new sports

Get active and moving at Dal summer camps

Whether they are at a Dalplex or a Dal Tigers summer camp, one thing is for sure — your kids are going to get a good workout.

“Physical activity is really the main focus of our camps, which make them unique and different from a lot of other camps around the city,” says Amanda Kirby-Sheppard, with Dalhousie University’s department of athletics and recreational services. “Getting kids active and moving during the day is our goal.”

Dalplex offers a wide variety of summer camps, with options for kids ranging in age

from five to 18, including the popular mini university camp program.

“Mini university is a hybrid camp, where kids spend half a day being a university student and learning subjects pared down for kids like law, biology or theatre,” Kirby-Sheppard says. “Then they spend the other half of the day being physically active in the activity of their choosing. This year, Mini U is paired with either badminton, climbing or fencing.”

Nearly all on-campus camps have a daily swim included, which is very popular with the kids.

“Physical activity is growing more important for kids who are tempted by screen time,” Kirby-Sheppard says. “In the summertime, when they’re out of school, it’s a great opportunity for

them to get back to playing, being active, learning co-operation and meeting new friends.”

Dal Tigers camps are run by Dal varsity coaches and athletes from the basketball, hockey, soccer, swimming and volleyball programs. While they are fun, kids also learn specific sport-related skills.

Sheer variety gives kids the opportunity to try out a number of new activities.

“We have lots of kids who come to multiple camps over the course of the summer, and many of them try out a variety of activities and sports to see what they like best,” Kirby-Sheppard says. “One week they might be in a soccer camp, and the next they are in a lab with the mini university program. Kids can really experiment to see what they really enjoy doing.”



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BONDING OVER THEIR SIMILARITIES

Brigadoon Village is a year-round recreation and summer camp facility on Aylesford Lake in the Annapolis Valley. With its partners, Brigadoon Village provides camp programming for children, youth and families living with a chronic illness, chronic condition or special need.

This summer, Brigadoon Village is offering 11 weeklong programs from June 30 until Aug. 7. Programs range from epilepsy, bereavement, asthma/anaphylaxis/respiratory

issues to celiac disease and more.

"For the first time in their young lives, campers get to meet others living with similar issues," says Emily Mallard, communications and media officer for Brigadoon Village. "They can share experiences and bond over their similarities. It's very powerful for a young person to realize that they are not alone with their illness or condition and, so, camp at Brigadoon becomes a very transformational experience for them."

Counsellors and staff work with the IWK to ensure campers' health needs are met while at Brigadoon. There is also nursing staff on-site, specific to each illness, so parents can rest assured about their child's health while away.

Brigadoon Village is preparing to welcome more than 550 children to its programs this summer. Registration is open and can be found at brigadoonvillage.org. Parents can also phone 1-888-471-5666 for more information.



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Sharpen your skills with SMU

Kids will have an extra bounce in their step as they run on to the field at Huskies Stadium for a soccer camp this summer. The field is sporting new turf with a sponge layer beneath it.

"Summer camps at SMU introduce young athletes to the world of soccer while developing their soccer skills in an organized and fun environment," says Fernando Lucas head coach of Huskies women's soccer and supervisor of the summer soccer camp program at Saint Mary's. "It gives kids an opportunity to train, develop and play with top coaches and athletes in Nova Scotia."

Saint Mary's offers individual soccer programs for kids aged four to 16, coached by

members of the men's and women's varsity teams.

For the little ones there is a micros intro to soccer for ages four to five, and minis fun and skills camp for ages six to nine. Half-day camps are available for the younger age groups and all the soccer camps are co-ed.

For 10- and 11-year-olds, there are junior academy camps, and academy camps for ages 12-16.

And there is more happening at Saint Mary's this summer besides soccer, including girls, boys and co-ed basketball camps, football camps, volleyball camps, and girls and boys hockey camps.

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It costs \$1,000 to send a child with a chronic illness, chronic condition or special need to camp for one week.

Help send a child to camp today:
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Summer fun at the conservatory

The Maritime Conservatory of Performing Arts offers accessible and comprehensive programs of dance and music instruction accommodating students of all ages and abilities. Students receive a quality education designed to inspire a lifelong interest in the arts, whether for personal enjoyment or a professional career.

For the very young, Kindermusik spring adventure classes for ages up to five years are offered in June.

Musical theatre camps are available for two age groups — grades 4-6 and grades 7-12.

For singers, there is a contemporary vocal program (grades 7-12) and for ages 17-25, there is a voice intensive program.

Brass band camp will take place in August.

The Suzuki String Institute is now part of the conservatory summer offerings. A cello camp for ages 6-14 offers an opportunity for young musicians to explore this instrument.

Private lessons in voice, piano and other instruments are available year round.

Dance camps include early childhood movement for ages three and four, children's dance camps for ages 5-9, evening ballet classes for teens and adult beginners, intermediate and advanced and dance intensive.

For more information, visit maritimeconservatory.com, stop by the school at 6199 Chebucto Rd., or call 902-423-6995.

SWING INTO ACTION AT THE LINKS AT MONTAGUE

Junior golfers looking to become the next Graham DeLaet will have the perfect opportunity to hone their skills this summer at the Links at Montague. The nine-hole executive course in Dartmouth is offering camps beginning June 15 until the end of August.

The camps run from Monday to Friday. There is a two-hour camp for kids ages 5-8, which costs \$150 plus tax. Participants work on their putting, chipping, full swing, basic rules, as well as play fun games.

There is a four-hour camp for kids ages eight to 16, which costs \$250 plus tax. Participants take part in the same activities as the two-hour camp, but also work on pitching and spend time on the course.

The final option is a full-day camp for kids ages nine to 16. It is a longer version of the four-hour camp and costs \$350 plus tax.

Each week caps off with a skills competition and camp participants can qualify to participate in a national skills competition. Two previous camp participants have won at the national level.

Camp participants also receive a Links at Montague hat and bag tag, a trading card of themselves and a report card.

For more information or registration forms, visit thelinksatmontague.com.



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GAIN AN APPETITE FOR FINE ARTS

Curiosity ignites at NSCAD University's school of extended studies, with an amazing array of themed camps that teach fine art skills such as composition, shading, proportion and form through a range of fun and exciting projects.

Appetite for art examines artistic depictions of food, while box town brings together campers to build a cardboard city. Colours from the garden takes campers outside to produce fabrics and natural dyes from plants, while somewhere over the

rainbow explores far-off lands through stories and illustration. Other camps include photography, jewelry, ceramics, animation, and art 101, where teens sample various art mediums.

In addition to art-inspired field trips throughout downtown Halifax, the camps allow early drop-off/late pick-up to accommodate parents' busy schedules. Lunchtimes are not only supervised, but also offer a range of activities such as face painting, music and screen printing. All

participants receive a free T-shirt, and families can follow campers' work on the NSCAD blog. Adding to the fun is the end of summer gallery exhibition, ArtRageous, made up of artwork collected from campers and displayed in NSCAD's Port Loggia Gallery.

Registration for 2015 extended studies' summer camps can be found online at nscad.ca, by phoning 902-494-8185, or in person at the school of extended studies (1892 Hollis St.) between 9 a.m. and 4 p.m., Monday to Friday.



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Chance to enhance French communication skills

Number of affordable camps are available

French camps are an authentic way of incorporating French language activities into children's lives. It is also a great refresher before school or a confidence booster for students going into a late immersion program.

Canadian Parents for French — Nova Scotia offers a number of affordable camps for children in grade primary to Grade 12.

For young campers, there are day camps in Halifax and Dartmouth during July. Campers enhance their French communication skills while engaging with each other to discover new ways to communicate in their second language.

Day camps offer daily themed activities,

swimming, and playing in the nearby park.

Older campers have the opportunity to travel to the FrancoForum in July, which is an international camp on the French island of St. Pierre. Campers experience European culture while staying close to home.

Campers are able to kayak, wind surf, canoe and bike while staying at the Centre Nautique de l'Istorlet at the Magdalen Islands in Quebec. All campers return having had a memorable and enriching experience en Français.

August starts with Camp Frantastique, a smaller overnight camp close to Digby. The final and largest camp of the season will be Camp de la Baie at the Bayside Camp in Sambro Head.

For more, contact Erin MacDonald, camp co-ordinator, at 902-453-2048 or visit ns.cpf.ca.

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Magdalen Islands, Quebec
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in Halifax and Dartmouth
in July (grs P-4)

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Barton, Digby County
Ages 10-14 yrs,
August 3-7

Camp de la Baie

Sambro Head, HRM
Ages 10-15 yrs,
August 24-29

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SUMMER
CAMPS
for ages 5-18

MAKE magic!

Opportunities for special needs kids

Specific summer camps designed for children with special needs are a growing trend, but there are still not enough available to meet demand.

The Ben James Summer Camp is one example. It is a recreation camp for kids aged six to 21 with autism.

"Each camper is supported with a one-to-one camper-to-counsellor ratio and activities are designed specifically with participants' needs and interests in mind," says Yvonne Le Lacheur, program director at Autism N.S. "This program offers children and youth with autism the opportunity to take part in the summer camp experience in a safe and adapted environment."

Their numbers demonstrate the demand for camps like these — there are 60 spaces for children and youth each year. Spots fill quickly and there is a long wait list. It's a popular camp that doesn't even have a permanent home.

It has been held in several locations in HRM since it started in 2002, and this year it will be returning to the Spryfield Lions Rink

and Recreation Centre for the second time.

Brigadoon is another example of a popular special needs camp. It is a well-known and recognized camp for kids with chronic illness. At its facility in the Annapolis Valley, Brigadoon provides camps for about 100 kids a week through the summer.

Camp is an escape, says Le Lacheur — it's a break from the academic pressures placed on children throughout the year.

"At camp, children get to interact with their peers in ways like no other environment can provide," she says.

"Children and youth with special needs, specifically individuals with autism, can require additional supports to have successful experiences. Because of this, many common childhood experiences, such as camp, become challenging for families, as many of these environments do not yet offer the supports needed for their children."

Summer camp is a life experience and should be no different for children with special needs, Le Lacheur says.

These camps provide kids with a secure



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experience away from home and offer them independence while parents are reassured they are cared for, says Donna Varga, chair of the department of child and youth study at Mount Saint Vincent University.

"When children have special needs it's very difficult for parents to trust their child

is going to be taken care of, especially overnight by someone else," she says.

These kids have far fewer opportunities to demonstrate their independence and skills because they are seen as "special needs," she says.

— Jennifer Taplin

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ASK THESE QUESTIONS FOR BEST FIT

With so many summer camps to choose from, picking the right one for your kids can often be a daunting and confusing task.

To figure out which camp best suits your child, the Ontario Camps Association (OCA) recommends parents start by sitting down as a family to answer the following questions:

- What do you and your child want to gain from the camp?
- What are the special interests that your child wants to explore?
- Are there any physical, intellectual or social limitations that should be considered?
- What kind of environment will your child benefit from the most?
- Is your child ready for an overnight or a day camp experience?
- What type of camp fits best with work schedules and family vacation times?
- What does it cost?

Once you have identified your family's summer camp criteria, it's time to create a list of programs that meet your needs — spend time looking into what each camp has to offer, choose the ones you are most interested in and arrange to meet with the camp directors, who will be able to answer any questions you may have.

Lastly, feel confident in your decision; the OCA believes parents who send their kids to camp are giving them an experience that



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will reap benefits for years to come, and recent Canadian research backs that claim.

In 2011, a team at the University of Waterloo released the Canadian Summer Camp Research Project, a five-year study that looked at children's participation in summer camp.

That study concluded that attending camp "promotes positive change in five key areas of development — social integration and citizenship, environmental awareness, attitudes towards physical activity, emotional intelligence, and self-confidence and personal development."

Lightning leave Habs jilted

NHL PLAYOFFS
Tampa Bay leaves Montreal with 2-0 lead

Tampa Bay struck four times on the power play and star centre Steven Stamkos ended his playoff scoring drought as the Lightning downed the Montreal Canadiens 6-2 in Game 2 of their second-round playoff series on Sunday night.

After winning twice at the Bell Centre, the Lightning take a 2-0 lead in the best-of-seven series back home to Amalie Arena for Game 3 on Wednesday and Game 4 on Thursday.

"We're doing a lot of good things, but we have to find a way to finish around the net," said Canadiens defenceman P.K. Subban. "We got a lot of chances. If we finish earlier, or get a couple of goals earlier, maybe it's a different story."

Nikita Kucherov, with two, Valtteri Filppula and Victor Hedman all scored with a man advantage as Tampa Bay got its first power-play goals since Game 2 of the opening round against Detroit. J.T. Brown added an even-strength goal late in the third period.

"We took advantage of our power plays," said Stamkos. "That was nice because we've been struggling."

Jeff Petry and Tom Gilbert scored for Montreal, which outshot the Bolts 29-24 but went 0-for-3 on the power play. The Habs are now 1-for-26 with the



Lightning captain Steven Stamkos scores a second-period goal on Carey Price during Tampa Bay's Game 2 win over the Canadiens in Montreal on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

man advantage in the playoffs.

The Canadiens scored the first goal of a game for only the second time in eight post-season contests when Petry took a pass from Torrey Mitchell and scored on a wrist shot from the blue-line at 7:20. It was Petry's first-career playoff point.

Montreal was in control but then let it slip away with undisciplined penalties, as Brandon Prust got an extra two minutes for yapping at a ref-

GAME 2 On Sunday

6

LIGHTNING

2

CANADIENS

eree and then Subban was sent off for cross-checking. Filppula scored on the power play on a shot from the right circle at 19:36 to tie the game 1-1.

"We don't want to be in the

box all game," said Subban. "We can look at this game and say that it's discipline — and that's part of it — but we had opportunities to change the game early and it doesn't happen for us."

Stamkos used a fortunate bounce to go in on a breakaway and deke Carey Price for a goal 8:06 into the second frame. It was the Lightning captain's first goal in nine post-season games this year. He also had

two assists.

"It was nice to see it go in," said Stamkos. "I got a good bounce. The puck stuck with me at the blue-line. You know if you keep working hard eventually you'll get the bounces and I was definitely relieved to see that one go in. But again, it hasn't been as bad because the team has been finding ways to win. As long as you're winning at this time of year, I'm happy."

THE CANADIAN PRESS

NHL PLAYOFFS
Drouin waiting for chance to shine

The highly touted Jonathan Drouin says it's not much fun watching the playoffs from the press box, but what can he do on a team loaded with scoring talent like the Tampa Bay Lightning?

The third overall pick in the 2013 draft from the Halifax Mooseheads, who were fresh off a Memorial Cup championship, has played only once so far in the post-season — Game 4 of the first round against Detroit, when he was minus-2 even though neither goal could be said to be his fault.

He was a healthy scratch again for Game 2 of the second round on Sunday night in Montreal.

"It's tough for anyone, you want to be out there," said Drouin. "But we have a good team."

“**He's going to play in this series at some point. We just have to see when.**

Lightning coach Jon Cooper

The 20-year-old from Huberdeau, Que., played 70 games in the regular season, posting four goals and 28 assists in what the Lightning considered a learning season for the gifted left-winger.

"A lot of people were expecting more statistics, more production, but I thought I had a pretty good year with the team we had," he said. "I think it was better for me to come to a team like that with no pressure."

"The spotlight isn't really on me and I learned a lot this year."

THE CANADIAN PRESS



Jonathan Drouin GETTY IMAGES

NBA PLAYOFFS
Warriors maul short-handed Grizz

Stephen Curry had 22 points and seven assists, and the Golden State Warriors wore down the undermanned Memphis Grizzlies in a 101-86 victory in Game 1 of the Western Conference semifinals Sunday.

Klay Thompson added 18 points to help the top-seeded Warriors roll to their 21st straight victory at raucous Oracle Arena. They led by nine at the half, 20 late in the third quarter and never let the Grizzlies build any momentum in



Mike Conley
GETTY IMAGES

is still swollen as he continues to recover from surgery to repair broken bones in his face.

the fourth.

Game 2 of the best-of-seven series is Tuesday night in Oakland.

Memphis was missing point guard Mike Conley, whose left eye


IN BRIEF

Beal leads Wiz past Hawks

Bradley Beal shook off a sprained ankle to score 28 points and the Washington Wizards remained unbeaten in the post-season, knocking off the top-seeded Atlanta Hawks 104-98 Sunday in Game 1 of the Eastern Conference semifinals.

Otto Porter scored a couple of big baskets coming down the stretch and Marcin Gortat sealed it with a lay-in off a pass from John Wall with 14.6 seconds remaining. THE ASSOCIATED PRESS

MLB
Tribe come back to spoil Jays' big lead

Pinch-hitter Ryan Raburn's tiebreaking, two-run double capped a six-run fifth inning, Jason Kipnis had four hits and the Cleveland Indians overcame a five-run deficit to beat the Toronto Blue Jays 10-7 Sunday.

Kipnis also homered and drove in two runs for the Indians, who trailed 6-1 after a six-run fourth that included Devon Travis' first career grand slam.

Cleveland starter Trevor Bauer allowed six runs, seven


ROAD WEARY

Toronto went 3-7 on its longest scheduled trip this season.

hits and three walks in 4-1/3 innings. Toronto's Drew Hutchison gave up six runs and eight hits in 4-1/3 innings.

Russell Martin hit a solo homer off Cody Allen in the ninth. THE ASSOCIATED PRESS

Floyd still in love with cash but not boxing



Floyd Mayweather Jr. addresses the media after his unanimous decision victory against Manny Pacquiao. JAMIE SQUIRE/GETTY IMAGES

BOXING

Mayweather as candid as ever after points win over Pacquiao

The cheque was for \$100 million, a payday so mind-boggling that Floyd Mayweather Jr. couldn't help but show it to a few reporters when the night was done.

The cheque will soon be cashed, adding to the millions Mayweather already has stashed in his bank accounts. It was actually just a down payment for

his night's work, which could total more than \$200 million by the time pay-per-view sales are tallied up.

The richest fight ever wasn't the best fight ever, but that wasn't entirely Mayweather's fault. He did what he usually does Saturday night in a win against Manny Pacquiao that cemented his legacy as the best of his generation, even if he didn't win any new fans doing it.

Still, the fight will be a tough act to follow if only because of the staggering money it brought in. Hard to imagine Mayweather fighting for a paltry \$30 million or \$40 million after a night he

made history with the richest single payday any athlete of any sport has made.

He says he'll fight once more in September, then hang up the gloves. Mayweather says it's time to enjoy the fruits of his labour from a sport that has consumed his life since he was a kid throwing punches in Michigan.

"I don't really think I'll miss the sport," Mayweather said. "I don't even watch boxing. At one time I loved the sport of boxing. I wanted to go to every fight. But I just lost the love for the sport."

Before a well-heeled crowd of 16,507 that cheered every time Pacquiao threw a punch, May-

weather dominated late once again to pull out a decision win that seemed closer in the ring than it did on the scorecards. Pacquiao even thought he won, though punch stats showed Mayweather landing far more punches and even throwing more than the usually frenetic Filipino.

Pacquiao would blame a shoulder injury for not being able to throw more right hands, though the excuse rang hollow.

"I cannot use a lot of my right hand," Pacquiao said. "What we wanted to do we couldn't do because of my shoulder. But he's a good boxer. He won tonight."

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RECIPE Thai Red Curry Chicken Stir Fry

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman



Ready in

Prep time: 15 minutes
Bake time: 12 minutes
Serving size: 4

Ingredients

- 1 lb boneless chicken breast or thigh, cut into 1-inch cubes
- 3 Tbsp all-purpose flour
- 2 tsp vegetable oil
- 2 Tbsp red curry paste
- 1 Tbsp minced ginger
- 1½ tsp minced garlic
- 1 can light coconut milk
- 1 tsp brown sugar
- 1 Tbsp fish or light soy sauce
- 2 cups sliced red bell pepper
- 2 cups snow peas cut in half
- 3 Tbsp chopped cilantro
- ¼ cup toasted chopped cashews (optional)
- 3 cups cooked rice or noodles (optional)

Directions

1. Dust chicken with flour. In large skillet sprayed with vegetable oil, sauté chicken just until browned on the outside, about 3 minutes. Do not cook through. Set chicken aside. Wipe out skillet and add oil.

2. Add curry paste, ginger and garlic and sauté for 2 minutes. Add coconut milk and bring to a simmer on a medium heat. Add sugar, fish sauce and



chicken and simmer for 5 minutes or until meat is cooked and sauce has thickened.

3. Meanwhile in skillet sprayed with vegetable oil, sauté red pepper and snow peas for two minutes just until barely cooked. Add to chicken mixture. Sprinkle with cilantro and nuts if using and serve over top rice or noodles, if using.

Nutritional information per serving

- Calories 273
- Carbohydrates 7.8 g
- Fibre 2.6 g
- Protein 25.1 g
- Fat 10.5 g
- Saturated fat 4.8 g
- Cholesterol 62.6 mg
- Sodium 633 mg

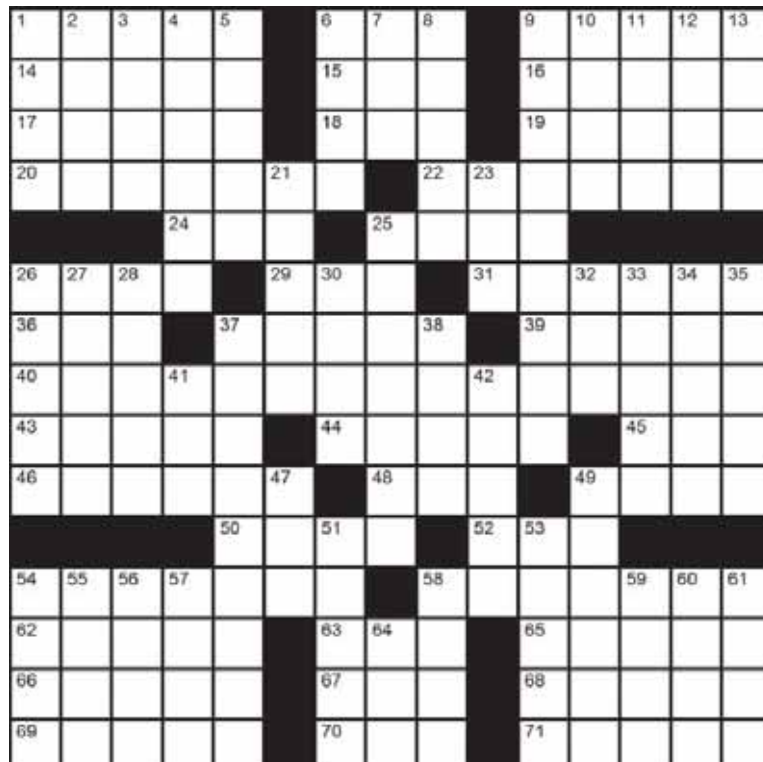
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Capture
- Rainbow shape
- Essential parts
- Having a single element
- Casper's cry!
- "Bon voyage!"
- Barber's razor-sharpener
- Frigid
- Relating to a forearm bone
- #9-Down's co-star Gordon
- Implement for Emily Carr
- Victoria's Secret purchase
- "Song __ Blue" by Neil Diamond
- Out
- Hound's healer
- __ clef
- Uncooked
- Persian Gulf land
- Nebraska city
- Product by Canadian brand Lantic: 2 wds.
- Bring together
- Type of headache
- Ballpark fig.
- Synchro swimmer of the silver screen Ms. Williams
- Poet's creation
- Dull
- Tandoor-baked creation
- Boot bit



- Lord's land on the manor
- Underwater earthquake result
- Spew
- Plunder
- Penned
- Art gallery print, briefly
- First name in

- music lyrics
- Matt Lauer's morning show
- Admit passengers: 2 wds.
- Make a typo
- Fishhook line

DOWN

- Canine tooth part

- __-inflammatory
- Mountain lake
- NHL'er Sidney from Nova Scotia
- Overly active
- Slightly: 2 wds.
- Mythical bird
- Large rodent of South America

- ica that looks like a beaver
- Calgary-born actor: 2 wds. ...see #49-Down for more!
- Loafing
- Salon shade
- Put in the microwave
- Positive

- Pertaining to military ships
- Carpenter __
- Toronto's Union __
- Fight
- Notifications of danger
- Expect
- Airport scr. postings
- Australian bird
- Montreal-style __
- Dog, with Apso
- Soil
- Town in southern Ontario near Niagara Falls
- Divide
- To the __ degree
- Vocals-for-two
- Campaigned
- Constable __ Fraser (#9-Down's role on "Due South")
- Cliff nest, variantly
- Dethrones
- Big name in computing
- Famous lake
- Shania Twain's ex Mr. Lange
- Canyon sound
- Ski resort ride
- __-de-camp
- Dish
- Pastoral poem, variantly
- A famous Bobby

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20

Don't worry about today's full moon – if you think positive then all will be well. But be ready for one or two emotional outbursts from people who get easily frustrated with life's little setbacks.

Taurus April 21 - May 21

Strive to be nice to people today, even if they are not always nice to you. A full moon in your opposite sign of Scorpio will help you realize that people everywhere are much the same – if not quite as brilliant as you.

Gemini May 22 - June 21

If a friend asks you to do something you disagree with today you must have the strength to refuse their request. Even if it puts a strain on your relationship in the short term, in the long term they will admit it was the right thing to do.

Cancer June 22 - July 23

The best way to make the most of the Sun in one of the most positive areas of your chart is to believe that all things are possible. Do what your heart tells you is right today, even if everyone else seems to think it is wrong.

Leo July 24 - Aug. 23

Some may say you are being unduly cautious, and maybe you are, but today's full moon warns this is not a good time to take chances. You know the old saying: "If it's not broke, don't fix it."

Virgo Aug. 24 - Sept. 23

The worst possible thing you can do now is to try to conform to the kind of image you think others have of you. You are who you are for a reason, so forget about what friends and family members expect of you.

Libra Sept. 24 - Oct. 23

This could be a lucky day for you but it could also be the kind of day when what you gain with one hand you squander with the other. If you find you have more cash than you expected put it away for the proverbial rainy day.

Scorpio Oct. 24 - Nov. 22

A few weeks from now you will either look back and marvel at the things you accomplished or look back and regret the things you avoided. Go on, take a chance.

Sagittarius Nov. 23 - Dec. 21

It may appear to others that you are not doing very much but just because you are not active on the outside does not mean you are not active on the inside. On the contrary, that Sagittarius brain of yours is bubbling with new ideas.

Capricorn Dec. 22 - Jan. 20

The pace of life will be hectic over the next few days and the demands others make of you will be tough. Plan ahead sensibly and be ready to say "no" when too much is expected of you.

Aquarius Jan. 21 - Feb. 19

Don't sit back and wait for good things to happen – get out into the world and make them happen. The fact that you feel dissatisfied with your lot means that changes need to be made.

Pisces Feb. 20 - March 20

You have far too much going on in your life and today's full moon will in some way or other shake things up and make you realize you need to cut back on your commitments.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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